

## *Chepstow Harriers Track 'Extravaganza' 30<sup>th</sup> July 2009*

### CH track Extravaganza 2009 - 100m

Name	Time (s)
Rhys Penny	13.57
Steve Harris	14.27
Mark Harvey	14.78
Moses	14.99
Isabelle Godfrey	15.21
Leo Cohen	16.04
Jane Rymer	16.38
Jan Morris	16.58
Bethany Rymer	17.84

### CH track Extravaganza 2009 - 400m

Name	Time (m:ss)
Moses	1:13
Leo Cohen	1:16
Luke	1:21
Kevin McEntee	1:23
Jan Morris	1:29
Berna Cantwell	1:30
Susan	1:42
Geoff Cram	2:01

### CH track Extravaganza 2009 - 1500m Steeplechase :-)

Name	Time (m:ss)
Mark Harvey	5:28
Steve Harris	5:39
Moses	5:53
Rhys Penny	6:12
Leo Cohen	6:19
John Thomson	6:48
Luke	6:49
Jan Morris	6:59
Berna Cantwell	7:15
Bethany Rymer	7:23
Geoff Cram	8:02
Andy Bray	8:03
Jane Rymer	8:40
Susan	9:06
Gill	10:08

### CH track Extravaganza 2009 - 1mile

Name	Time (m:ss)
Mark Harvey	5:36
Steve Harris	5:50
Isabelle Godfrey	6:06
Moses	6:10
Rhys Penny	6:17
Kevin McEntee	6:18
Leo Cohen	6:27
Andy Bray	6:54
Jan Morris	7:04
Geoff Cram	7:58

### CH track Extravaganza 2009 - Javelin

Name	Throw 1	Throw 2	Throw 3	BEST
Andy Creber	24.50	24.50	25.90	25.90
John Thomas	20.20	24.10	25.20	25.20
Steve Harris	16.60	19.70	21.80	21.80
Luke	19.50	17.70	21.00	21.00
Ivan Teed	19.30	20.60	19.60	20.60
Moses	14.50	20.20	16.00	20.20
Andy Bray	14.80	18.40	19.30	19.30
Leo Cohen	NT	17.60	NT	17.60
James Blore	16.00	14.60	-	16.00
Geoff Cram	14.60	13.10	-	14.60
Kevin McEntee	11.90	14.30	-	14.30
Mike Mugridge	13.90	13.00	-	13.90
Dick Finch	10.90	12.60	-	12.60
Mark Harvey	11.95	14.40	11.80	11.95
Jane Rymer	11.40	11.00	8.60	11.40
Jan Morris	11.30	9.90	9.60	11.30
Isabelle Godfrey	11.10	-	-	11.10
Berna Cantwell	9.70	8.10	-	9.70

### CH track Extravaganza 2009 - High Jump

Name (below)	(metres)
Steve Harris	1.50
Rhys Penny	1.45
Andy Bray	1.45
John Thomas	1.45
Isabelle Godfrey	1.35
Jan Morris	1.30
Mark Harvey	1.20
Jane Rymer	1.20
Evan	1.20
Bethany Rymer	1.16